

### **Earn the Congressional Award!**

The Congressional Award is the U.S. Congress' award for young Americans. The program is non-partisan, non-competitive and it's open to all 14-23-year olds. Participants earn Bronze, Silver and Gold Award Certificates and Medals. Each level involves setting goals in four program areas: Volunteer Public Service, Personal Development, Physical Fitness, and Expedition/Exploration. Earning the Award is a fun and interesting way to get more involved in something you already enjoy or something you'd like to try for the first time. For more information, visit the Award website at <http://congressionalaward.org/congress/org/org.htm>